

FREE

take one
FALL 2011–WINTER 2012
[save until april 2012]

SPECIAL EVENTS

PULL OUT
SECTION ON
PAGES 12 & 13

Hang it on your refrigerator for a full listing of fall and winter events!

Happenings



the city of
Hampton
virginia

STAY INFORMED! See back cover for more information.

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The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability.

If you are disabled and have need for a special accommodation in order to participate, please contact us at 727-6348.



FITNESS FOR ALL at Hampton’s Community Centers

Community Centers will be noted in program listings by their abbreviations as listed below:

- West Hampton Community Center (WHCC)** 896-4687
- Northampton Community Center (NHCC)** 825-4805
- Old Hampton Community Center (OHCC)** 727-1123
- North Phoebus Community Center (NPCC)** 727-1160
- Hampton Senior Center (HSC)** 727-1601

General HPR Memberships
are \$20/year for adults and seniors and \$15/year for youth and teens.

Fitness Center Memberships
are \$15/month for ages 8 and up.



THE IMPORTANCE OF STRENGTH TRAINING

Popular to some beliefs, strength training is for men and aerobics is for women — FALSE! Men do gravitate more to strength training and less to cardiovascular training and women are the opposite. However, women can benefit greatly from strength training, which comes in many forms: traditional fitness center machine weights, dumbbells, resistance tubing of many varieties and Kettlebells. And, you are never too old to start.

Comments I hear most often from women are "I don't want to get big muscles" or "I don't want to bulk up", truth is, you won't. Women do not have the amount of the hormone testosterone found in men's bodies. What you will find is stronger, leaner muscles, less fat in the body as a whole, more energy and greater bone density.

The best way to begin a strength training program is with a Certified Personal Trainer or Certified Group Exercise Instructor that can safely lead you through the use of weight machines or in classes. Hampton Parks & Recreation can offer you all of these things at little cost to you.

TBC (Total Body Conditioning), a group class offered by HPR based on personal training and Kettlebells, is great for men and women because it combines strength and cardio. TBC class is on Mondays and Wednesdays from 6-7pm at Olde Hampton Community Center. Kettlebells is on Mondays from 5:15-6pm at West Hampton Community Center. We personally invite you to try it ONE night for FREE! Then we can tell you the other hundred benefits you can get at any age from strength training, be fit and be well!

PERSONAL TRAINING can help make your fitness goals reality!

- WE CAN:**
- Take you through your workout session step by step*
 - Administer a fitness test to show and set a baseline to assess your fitness level*
 - Answer any questions you have about nutrition and fitness*
 - Create a program to meet your goals*
 - And much more*

- PACKAGES INCLUDE**
- Nutritional Analysis** \$20
Analysis will provide feedback on your diet, how you can improve your diet, and will help you meet your health and fitness goals.
 - Personal Training** Single Session \$30 • 6 Sessions \$140 • 20 Sessions \$440
Goal setting, introduction to using the equipment and a guided workout, with a Personal Trainer.
 - Personal Training with Nutrition** 6 Sessions \$160 • 20 Sessions \$460
Fitness testing, goal setting, introduction to using the equipment, and guided workouts with a Personal Trainer, and nutrition assessment.

FOR MORE INFORMATION or to sign up, please call 896-4687. ■ Available at West Hampton & Northampton Community Centers.

COME AND VISIT US AT THE HAMPTONS GOLF COURSE

The season is in full swing and we have a lot to show you. The course is beautiful and in great shape. Come out and see what all the buzz is about. Find out for yourself why The Hamptons Golf Course is the best golf value in the region.

If you are thinking of putting together a golf outing with your organization, please give us a call. We have already booked several 2012 outings. Our rates are unbeatable and our service and attention to detail are second to none.

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For more information, give us a call at **766-9148**
or visit our web site www.hampton.gov/thehamptons.

320 Butler Farm Road • Hampton, VA 23666

The Hamptons Golf Course

320 Butler Farm Road ■ Phone: 766-9148
www.hampton.gov/thehamptons

This course was designed by noted architect Dr. Michael Hurdzan. The Hamptons offers three distinctive nines, each with its own unique qualities. “The Woods” takes you out through tree-lined fairways punctuated by well-bunkered greens. “The Lakes” is perhaps the most scenic of the three nines, and the most challenging. Those beautiful lakes come into play on five of the nine holes. “The Links” nine has Scottish-style mounding pot bunkers and windswept ornamental grasses, dappled with a colorful array of wildflowers. Add to this a large putting green and practice range and the package is complete. Open year-round, sunrise to dusk.

The Woodlands Golf Course

9 Woodland Road ■ Hampton, VA 23663 ■ Phone: 727-1195
Enjoy this sporty 5,900-yard regulation par-69 golf course with bent green grass, Bermuda fairways and roughs, and 52 sand bunkers. The Woodlands has a newly renovated clubhouse with a pro shop catering to both men and women golfers. There is a new full-service restaurant and outdoor patio, featuring a new luncheon menu. A meeting room is available for rent to the public and may be reserved. Fees vary. Open year-round, sunrise to dusk.

Gift certificates are available for golf or merchandise.



HAMPTON PARKS & RECREATION ADVISORY BOARD

Meetings are generally held quarterly (Feb, May, Aug, Nov) on the first Wednesday of the month at 6:30pm. Please note these meetings are subject to change without public notification.

For more information, or to be placed on the agenda, please call the Hampton Parks & Recreation administration office at 727-6479.

BOARD MEMBERS:

Ted Parr, Chair
H.R. “Fuzzy” Bukovich, Vice-Chair
Willie Brown
Jack Pope
Walter “Bud” Porter
Robert Shuford
Don VanPatten
Myles Boyd, Teen Advisory
Kayla Holston, Teen Advisory

www.hampton.gov/parks/administration_advisory_board

REGISTER EARLY!

All classes are filled on a first-come, first-served basis. Each class must draw a minimum number of participants or it will be cancelled.

Program fees must be paid at the time of registration. Unless otherwise noted, full payment serves as your registration. Early registration helps prevent class cancellations.

REFUND/CANCELLATION POLICY

Full refunds will be sent automatically when classes are cancelled due to insufficient registration or when changes in time, day, or location prohibit the registrant’s attendance.

- Since commitments for these services are made prior to the class start date, no refunds are given after the class has met for the first time.
- If you are unsure of a class and want to attend the first class without registering, call 727-1664 and ask to sample a class.

JUNIORS

All junior programs run in 4 week sessions.
4 participants min for each session.

Competition Team

Ages 13-18
Monday & Wednesday • 4-6pm
Designed for the active junior players who are striving to take their tennis game beyond high school. Modified play, match play, and sport specific fitness will be used to help players develop modern stroke mechanics, shot production, and various match strategies. Preregistration is required for Competition Team.
\$64/4 weeks • \$20 drop in

Tournament Team

Ages 10-18
Monday & Wednesday • 4-6pm
Designed for players who are playing competitive tennis such as high school and/or tournament tennis and wish to advance their competitive tennis level. Tournament team stresses proper stroke mechanics, shot production and point construction. \$64/4 weeks • \$20 drop in

Futures

Ages 8+ • Tuesday & Thursday • 5-6pm
An intermediate program for players who have a background in the game of tennis. Players in futures have a grasp on the basic strokes of the game, but do not have match play experience. Futures players will be introduced to the modern mechanics of all strokes. Scoring and the rules of the game through point play will be stressed at this level to ready the students for competitive tennis.
\$32/4 weeks • \$10 drop in

Quick Start Futures

Ages 7+ • Tuesday & Thursday • 4-5pm
Designed for players who are just beginning the sport of tennis or who have progressed from the little aces program. Quick start balls will be used with a progression to a full compression ball. A focus is put on the rules, etiquette, and scoring of the game intended to get students PLAYING the game of tennis quickly.
\$32/4 weeks • \$10 drop in

Quick Start Little Aces

Ages 5-8 • Tuesday • 4-5pm
Designed for players who are just being introduced to the sport of tennis. Quick Start courts and balls will be used to ensure that students are able to learn the proper tennis strokes. Various games will be utilized to develop hand eye coordination and early racket orientation. Little Aces will provide a fun and energetic environment that will begin a love of the game for younger players.
\$32/4 weeks • \$10 drop in

HAMPTON TENNIS CENTER

9 Woodland Road ■ 727-1193

CENTER HOURS: Monday – Thursday 8:30am-Noon & 3:30-9:30pm
Friday & Saturday 8:30am-Noon • Sunday 3-6pm

TENNIS CLINICS:

All programs are ongoing, through October

Hampton Tennis Center is a full service Municipal Tennis Facility. Employing a Managing Pro, and trained staff to maintain the (7) clay courts in excellent playing condition and to provide playing options to suit your tennis needs.

Our activities range from general court play, Organized League Play and Rated or Sanctioned Tournament Play to custom stringing of your racquet. Call the Hampton Tennis Center to register.

Our Director – Eric Christiansen and his professional Instructional staff offer Individual lessons, Group Clinics and Summer Camps.



SPRING BREAK TENNIS CAMP

April 2-6, 2012 • 8:30am-Noon • \$95

Call the Hampton Tennis Center for more information.

The Hampton Tennis Center would like to welcome the new Director of Tennis, **Eric J. Christiansen** (USPTA) – Led the Old Dominion Monarchs Men's tennis team to a #18 NCAA Division I national ranking – Current Men's Assistant Coach of the NCAA Division III nationally ranked Christopher Newport Captains – 2006 Mid Atlantic Fed Cup Coach – Coaches numerous regionally and nationally ranked juniors

ADULTS

All adult clinics are ongoing.
\$32/4 weeks • \$10 drop in

Adult Fitness Tennis

Monday & Thursday • 6-7pm
Fun and fast paced workout great for players of all levels who are looking to work on their strokes while getting a good cardio workout

Adult Beginner

Wednesday • 6-7pm
This clinic is designed for adults with little or no tennis experience. The instruction focuses on learning the basic skills of tennis in a friendly and relaxed environment.

AM DOUBLES

Mixed	Senior	Doubles . . .	Mon	9-11am
Ladies	Doubles . . .	Mon	9-11am
Men's	Senior	Doubles . . .	Tues	9-11am
Men's	Senior	Doubles . . .	Wed	9-11am
Ladies	Senior	Doubles . . .	Thurs	9-11am

PM SINGLES

Men's	(3.5)	Singles . . .	Mon . . .	6-7:30pm
Men's	(4.0)	Singles . . .	Tue . . .	6-7:30pm
Men's	(4.5)	Singles . . .	Mon . . .	7:30-9pm
Men's	(5.0)	Singles . . .	Wed . . .	6-7:30pm
Men's	(5.0)	Singles . . .	Sat	9-12pm

PM DOUBLES

Men's	(3.5-4.0) . .	Doubles . . .	Wed . . .	6-7:30pm
Men's	(4.0-4.5) . .	Doubles . . .	Thur . . .	6-7:30pm
Mixed	(4.0-4.5) . .	Doubles . . .	Tue . . .	7:30-9pm
Mixed	(3.0-3.5) . .	Doubles . . .	Sun	4-6pm

leagues

BUCKROE FISHING PIER



If you haven't experienced the excitement of catching a fish from the Chesapeake Bay, don't be discouraged. Come on down to the Buckroe Fishing Pier, where there are plenty of locals to show you how. The fish tails are flapping and so are the "fish tales". Stories of the ones that got away, but better yet, when you visit the bait and tackle/snack bar/restroom facilities at the

pier, you can see pictures of the ones that didn't. Try to get your name on the record board with your catch. There are plenty of fish in the bay, it's up to you to do the rest. The Buckroe Fishing Pier is open 24 hours a day; 7 days a week from April 1st through December 31st. Buckroe Fishing Pier has tackle rentals and sales. The pier features live bait and various other baits,



PIER ADMISSION FEES

(per 24-hour period)

Adult	\$8
Adult with a valid saltwater fishing license	\$6
Senior (62+); Children (10 & under)	\$6
Non-Fishing Visitor with Fisherman	\$4
Sightseeing Adult	\$1
Sightseeing Child	50¢
Monthly Pass	\$60
Seasonal (April-Oct • When Applicable) . . .	\$250

lures and tackle equipment for sale. Best of all, the Buckroe Fishing Pier is cooking up some delicious sandwiches, hot dogs and fries. Breakfast, lunch, dinner or a snack, we have got you covered. Get up there and make us proud. We want to see your name on the board and your picture on our Fishing Hall of Fame.

EVENTS/ACTIVITIES

Striper Tournament

Starts Friday, November 25 at Noon and ends Sunday, November 27 at 5pm.

Fishing Program for Youth

Wednesdays, year-round

BUCKROE FISHING PIER HOURS

The pier remains open 24 hours a day, 7 days a week.

The only time the pier will close is during extremely bad weather i.e. Nor'easters, hurricanes etc.

LOCATION

330 S. Resort Blvd.
Hampton, VA 23664

DIRECTIONS

- From I-64E, take exit 268 toward Ft. Monroe
- Turn left onto S. Mallory St. continue onto N. Mallory St.
- Bear Right onto Point Comfort Avenue
- Turn Right onto Resort Blvd.

PARKING

There is a parking lot located right next to the pier with two van accessible parking spaces and three additional handicap accessible spaces.

CONTACT US

(757) 727-1486
gofish@hampton.gov

Check out the Hampton Parks and Recreation's web page for more information, or call the Buckroe Fishing Pier at 727-1486.

SPONSORSHIP OPPORTUNITIES

Hampton Parks & Recreation is currently seeking sponsors for their upcoming events.

If you would like to donate any items, or sponsor an event please call **727-8314**.

thank you!

Hampton Parks and Recreation would like to thank you for your sponsorship and support:

Chick-fil-A (Coliseum Drive)
Hampton Visitor Center
Hampton Roads Convention Center
Jeff's Flowers, Of Course!

Petco
POMOCO Nissan
Wynne Ford and Wynne Volvo



GIFT CERTIFICATES AVAILABLE

They make great gifts for the holidays!
Available for Monthly or Yearly use.



The dog days of summer are now over, but don't pack away that swim suit just yet. Come and explore any one of the two 25-meter pools, Old Hampton Community Center and our newest facility Hampton Aquatic Center, which features a whirlpool, and two cedar saunas.

Enjoy swimming lessons and group activities, such as water fitness and water therapy sessions, along with learn-to-swim classes.

We invite all youth to participate in our Teen Adventures hour, snorkeling explorations and swim evaluations. We can also accommodate small and large groups for birthday parties, pool parties and lock-ins.

VOLUNTEERS

A volunteer opportunity is yours for the asking. Parks & Recreation can provide opportunities for men, women, and teens to get connected with their communities. You may volunteer as an individual or work as part of a group and help create healthier communities, encourage citizenship, and improve service delivery. As partners in this effort, we can work to enrich the quality of life for everyone, citywide.

For a list of volunteer opportunities or information, please call 727-1601.

AQUATICS

OLD HAMPTON COMMUNITY CENTER (OHCC)

201 Lincoln Street • (757) 727-1123
Open Mon & Wed 8am-8pm, Fri 8am-7pm

HAMPTON AQUATICS CENTER (HAC)

300 Butler Farm Rd. (located behind the new Teen Center building, next to the Hamptons Golf Course) • (757) 728-5485
Open Tues & Thur 8am-8pm, Sat 9am-4pm

Swim Lesson Evaluations

Sept 7 • 4-6pm @ OHCC; Sept 8 • 4-6pm @ HAC;
Sept 9 • 4-6pm @ OHCC

Bring your child in to be evaluated by our expert teaching staff to determine what level of swim lessons he/she is ready to take. Levels I-IV offered. Class registration is not required. Cost is \$1 per child. Call 727-1123 for more information.

Snorkeling Exploration

Oct 15 & Nov 19 • Noon-1pm @ HAC

Snorkeling fun for all ages. Good family fun.
Call 727-1123 for more information.

● Infant and Toddler Programs

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIME	FEE
Aquababy (HAC) (Parent Required) (participant # min 6/max 15)	Saturdays only (4 classes/session) <i>Session 1:</i> 9/10-10/1 <i>Session 2:</i> 10/8-29 <i>Session 3:</i> 11/5-26	6 mos.-2 yrs. Parents help children with water adjustment, submerging and bubble blowing.	Sat. 9-9:30am	\$20
Pre-beginners (HAC) (Parent Required) (participant # min 6/max 15)	Saturdays only (8 classes/session) <i>Session 1:</i> 9/10-10/29 <i>Session 2:</i> 11/5-26	3-5 yrs. Children who are ready for water exploration, primarily safety and beginner crawl stroke.	Sat. 9:30-10am	\$40 \$20 (4 classes session)

● Youth Programs — All classes limited to 10 students. All participants must be at least 6 years old and 4 feet tall.

Level I:	Level II:	Level III:	Level IV:
Water Exploration Children are given tasks that help them become more comfortable in and around the water. Skills taught are submersion, breath control, floating, and water entry. Front crawl stroke introduced.	Primary Skills This level progresses to floating unsupported, rhythmic breathing, the flutter kick, and locomotion of arms for front and back crawl strokes.	Stroke Readiness At this level all strokes from previous levels are refined and combined with other skills. Skills taught are turns, bobbing, retrieval of objects from the deep water, and diving. Elementary backstroke introduced.	Stroke Development All strokes are developed with the introduction of diving from a standing position, treading water, and rotary breathing. Breaststroke and sidestroke are introduced.

CLASS & LOCATION(S)	DAY	SESSIONS	TIME	FEE
Level I & III (participant # min 6/max 12)	Saturdays Only (HAC) Mon & Wed (OHCC)	<i>Session 1:</i> 9/10-10/29; <i>Session 2:</i> 11/5-26 <i>Session 1:</i> 9/12-10/5; <i>Session 2:</i> 10/10-11/2	10:15-11am 5-5:45pm	\$40 (8 classes/session) \$40 (8 classes/session)
Level II & IV (participant # min 6/max 12)	Saturdays Only (HAC) Tues & Thurs (HAC)	<i>Session 1:</i> 9/10-10/29; <i>Session 2:</i> 11/5-26 <i>Session 1:</i> 9/13-10/6; <i>Session 2:</i> 10/11-11/3	11-11:45am 5-5:45pm	\$40 (8 classes/session) \$40 (8 classes/session)

● Adult / Seniors Programs — For more information, call 727-1123

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIMES	MONTHLY FEE / 3 MONTH FEE
Aquafit (participant # min 6/max 25)	Sept-Dec 15	Low Impact, cardio	MWF • 8-8:45am @ OHCC Tues & Thurs • 8-8:45am @ HAC	Adult: \$24/\$72 Seniors: \$21/\$63 Adult: \$16/\$72 Seniors: \$14/\$63
Stretch & Tone (participant # min 6/max 25)	Sept-Dec 15	Low Impact, cardio	Tues & Thurs • 6-6:45pm @ HAC MWF • 9-9:45am @ OHCC	Adults: \$16/\$72 Seniors: \$14/\$63
Deep Water (participant # min 6/max 25)	Sept-Dec 15	No Impact, cardio	MWF • 9-9:45am @ OHCC	Adult: \$24/\$72 Seniors: \$21/\$63
Adult Swim Lesson (participant # min 6/max 15)	Sept-Dec 15	Beginners-Advanced	Mon & Wed • 7-7:45pm @ OHCC	Adult: \$16/\$72 Seniors: \$14/\$63
Water Therapy (participant # min 6/max 25)	Sept-Dec 15	No Impact	Tues & Thurs • Noon-12:45pm @ HAC	Adult: \$16/\$72 Seniors: \$14/\$63
Lunch Time Liquid Cardio (participant # min 6/max 25)	Sept-Dec 15	Low Impact	Mon & Wed • Noon-12:45pm @ OHCC	Adult: \$16/\$72 Seniors: \$14/\$63

General Swim Fees,
Times & Information
for Both Pool Locations

You must obtain a Hampton Parks & Recreation ID card in order to be admitted into any general swim session. Without the HPRD ID card there is an additional \$2 with each visit (limit 2 visits).

Schedule subject to change for seasonal programs.

GENERAL SWIM	DAYS	LOCATION	TIMES
Lap Swim (only)	Tues & Thurs Mon-Wed-Fri	HAC OHCC	9am-Noon 10am-Noon
Open/Lap	Tues & Thurs Mon-Wed & Fri Saturdays	HAC OHCC HAC	1-4pm 1-4pm Noon-4pm
Teen Adventures	Tues & Thurs	HAC	7-7:45pm

*Group Usage: Please call ahead to inquire or schedule a group to assure there is space in the desired session. Pool capacity is 100.

Daily Pass Rates: Adults \$1.50;
Seniors \$1; Youths/Teens \$1

Monthly Pass: \$10/month
(unlimited access during open swim times for
each calendar month)

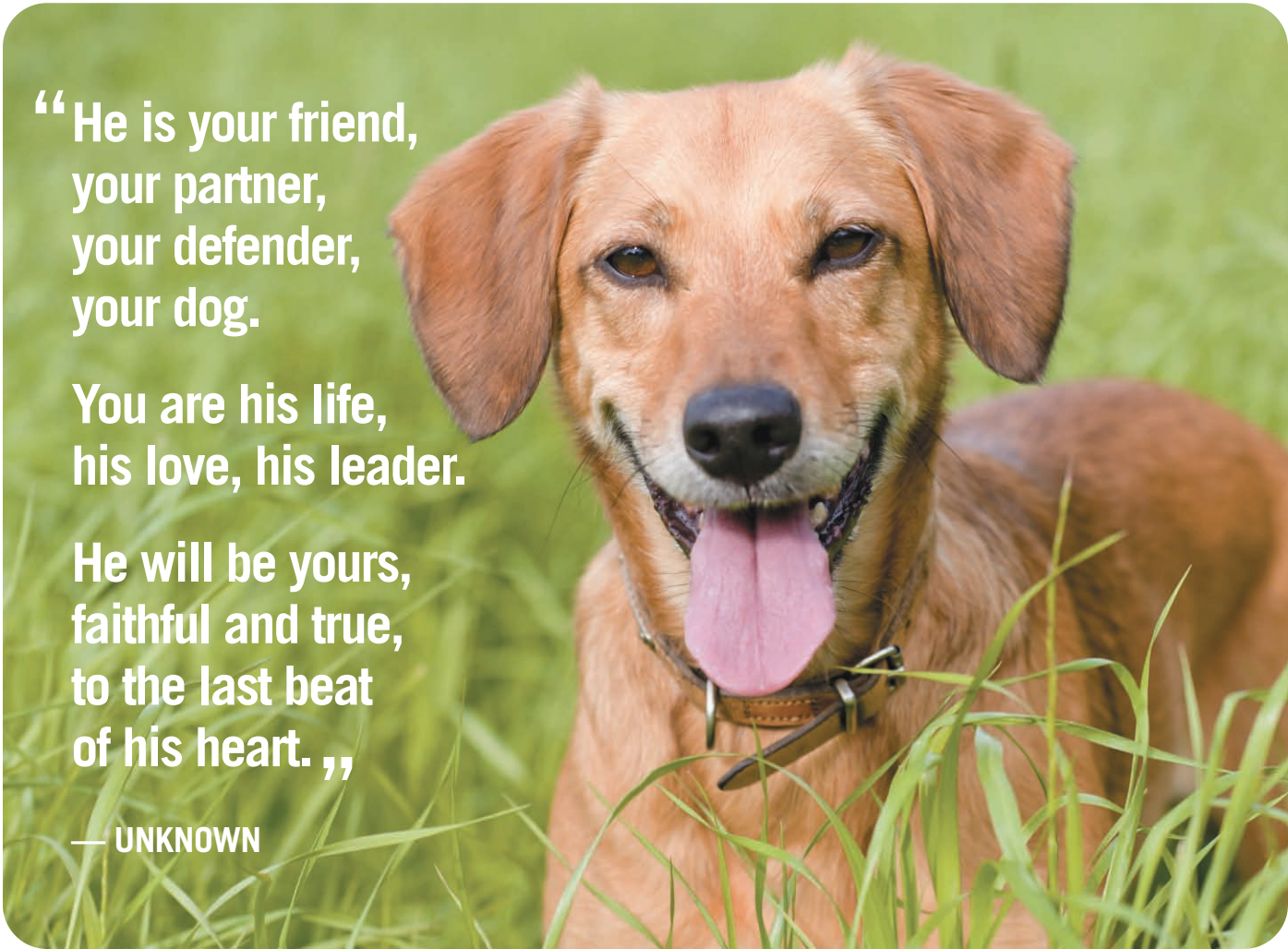
Punch Passes (valid for 20 pool visits):
Adults \$25; Youth & Seniors \$15

★

LEISURE
CLASS
PROGRAM
INSTRUCTORS

wanted

If you have a skill
that you want to
share and get paid,
call 727-1664.



“He is your friend,
your partner,
your defender,
your dog.

You are his life,
his love, his leader.

He will be yours,
faithful and true,
to the last beat
of his heart. ,,

— UNKNOWN

“DEEP INSIDE,
WE’RE STILL THE
BOYS OF AUTUMN,
THAT MAGIC TIME
OF THE YEAR
THAT ONCE SWEEP
US ONTO
AMERICA’S FIELDS.”

— Archie Manning,
former American football player

BARK PARKS

SANDY BOTTOM BARK PARK 1255 Big Bethel Rd ■ RIDGWAY BARK PARK 85 E. Mercury Blvd

Hampton Bark Parks will provide unbridled freedom for master and pooch to socialize, exercise, throw sticks and just have fun. Annual membership is \$10 (\$5 for each additional dog), includes access to both parks and valid for one year from the date of registration. Dogs must be at least 4 months of age, have current proof of registration from their area of residence

and paperwork showing up to date Rabies, Parvo, Distemper and Bordetella vaccinations. Memberships can be purchased at Hampton Parks and Recreation, 22 Lincoln Street, 5th Floor, Hampton City Hall or Sandy Bottom Nature Park. Checks, Visa, Master Card and Money Orders accepted. Call 727-8311 for more information.

SANDY BOTTOM NATURE PARK

1255 Big Bethel Road
Hampton, VA 23666
Phone 825-4657 ■ Fax # 757-825-4658
E-mail sbottom@hampton.gov.
www.hampton.gov/sandybottom

This 456-acre environmental education and wildlife management facility offers a Nature Center with animal exhibits, conference and classroom, library, hiking trails, fishing, jon boats, paddle boats, canoes, educational programs, nature videos, wildlife education area, picnic shelters, playground, gardens, amphitheatre, and primitive single and group campsites. Park Rangers on duty year round. Free admission and parking (rental fees for use of jon boats, paddle boats, and canoes, campsites, reserved picnic shelters, conference and indoor classroom, and some educational programs).

Hours of Operation: Our gates are open every day of the year except Christmas and when snow makes the roads impassable.

Park Hours: Sunrise to Sunset

Nature Center Hours

May-September. 9am-6pm, 7 Days a Week
October-April 9am-4:30pm, 7 Days a Week

Hampton Land Conservancy partners with the Parks and Recreation Department and holds their monthly meeting every 4th Tuesday of the month from 4:30-6pm at Sandy Bottom Nature Park and is open to the public. They are currently looking for new members and members to serve on the Board of Directors. The Hampton Land Conservancy was established in 2002 by a group of concerned citizens to protect remaining natural areas in Hampton and surrounding cities. The mission is to provide long term protection of natural areas through the receipt of donated properties, the holding of conservation easements on parcels, and the judicious purchase of selected parcels. For more information visit www.hamptonlandconservancy.org.

Friends of Sandy Bottom (FOSB) is a non-profit organization that supports the park and its staff. Together they provide a Nature Park of the highest quality for the entire region. The group meets on the last Thursday of the month at 6pm in the Nature Center at the park. If you would like to be a part of this organization and help preserve this unique bit of nature in the heart of the peninsula, come to one of the meetings. Together, Courtney Worrall and FOSB created Natureoption. This is when citizens can "adopt" non-releasable wildlife in the park.

For information on monthly meetings at Sandy Bottom Nature Park of the Gem & Mineral Society of the Virginia Peninsula, the Sierra Club, the Hampton Roads Bird Club, the Hampton Land Conservancy, or the Friends of Sandy Bottom Nature Park, please call 825-4657.



SANDY BOTTOM NATURE PARK

Kayak Fishing System

Saturday 10/8 • 1-2pm
Meet at the Nature Center

Come learn how to pick and chose the fishing kayak that is right for you, as well as how to set it up in the most efficient way. If you already have one bring it in for a show and tell so we can help you figure out how to accessorize it. We also offer tips on where to go, what bait to use, and how to efficiently get to your destination. For all ages. FREE. Register 1 day prior by 3pm.

Sunday Nature Hike

Sundays 10/9 11/13 12/11 1/8 • 1-2pm
Meet at the Nature Center

Join a Park Ranger for a leisurely nature hike. Start out in the Nature Center to learn the history of Sandy Bottom Nature Park and look at our critters then hike along the lake to our wildlife education area where we are caring for non-releasable wildlife. For all ages. \$2 per person. Register by Friday prior by 3pm.

Snakes of Sandy Bottom

Saturdays 10/15 11/19 12/17 1/21
Noon-1pm
Meet at the Nature Center

Are you fascinated by snakes? Do they frighten you? You can learn many interesting facts about snakes and why they are welcomed, not feared. Learn which venomous as well as non-venomous snakes live at the park. You will have the opportunity to touch and look at several snakes up close. This is a fun ex-sss-perience for the whole family! For ages 8+. \$2 per person. Register 1 day prior by 3pm.

Campfire Fun and Lakeside Hayride

Fridays 10/21 11/18 12/16 • 7-8:30pm
Meet at the Nature Center

Enjoy an evening of stories and songs around the campfire at our amphitheater and a good old-fashioned hayride. Toasted marshmallows and hot chocolate will top off the evening. For all ages. \$5 per person. Register 1 day prior by 3pm.

Kids Fishing

Saturday 10/22 • 10-11am
Meet at the Nature Center

Learn the basics of fishing, the different types of bait, and how to bait your own hook. Fishing techniques and secrets to catch a big fish will be taught. An adult MUST accompany all children. Bring your favorite fishing pole or use one of ours. For ages 5-15. \$2 per child. Register 1 day prior by 3pm.

Nature Fun Run

Saturday 10/29 • 1-2pm

Come have fun on a 2.10 mile run around our wetlands. There will be certificates handed out to everyone for attending and the first three to finish will receive certificates for their place with their time printed on it. Since this will be the first Nature Fun Run come and set records for the next race to strive towards. This race will be held three times a year — spring, summer, and fall. For all ages.

Sunday Hayride

Sundays 10/30 11/27 12/25 1/29 • 1-2:30pm
Meet at the Nature Center

Come and join in on the hayride fun, where we will offer 3 separate hayrides around our wetlands. Ride will take 20 minutes. Start times are as follows 1-1:20pm, 1:30-1:50pm, and finally 2-2:20pm. For all ages. \$2 per ride.

Fall Bird Count

Saturday 11/5 • 9:30-10:30am
Meet at the Nature Center

Join a ranger in a leisurely hike thru our park and find out what birds hang out at Sandy Bottom this time of year. For ages 8+. \$2 per person. Register 1 day prior by 3pm.

Survival Training

Saturdays 11/26 12/24 12/28 • 10-11am
Meet at the Nature Center

Come to Sandy Bottom and learn with a ranger what to do if lost in the woods. You will learn how to start a fire, purify water, find food, and build a shelter. For ages 8+. \$2 per person. Register 1 day prior by 3pm.

Have Knots

Saturday 12/3 • 10-11am
Meet at the Nature Center

Come out to Sandy Bottom to meet one of our Rangers and learn how to tie knots that can be used for many different purposes! For ages 5+. \$2 per person. Register 1 day prior by 3pm.

Winter Night Hike

Saturday 1/14 • 7:30-8:30pm
Meet at the Nature Center

Have you ever gone walking at night? How about walking in the woods at night? In this program you are sure to have a new respect for nature as you hear animals in the woods where it will be to dark to see them. We will help you identify the different sounds as well as show you how to find your way around when darkness falls! For ages 8+. \$2 per person. Register 1 day prior by 3pm.

BLUEBIRD GAP FARM

Bluebird Gap Farm offers a number of free farm programs for the general public every month. These programs are posted in our monthly Farm Program Guide that is available free in our Antique Barn, or you can view these programs at our website at www.hampton.gov/bbgf. All of our programs are available on a first come, first served basis. Please call 825-4750 for more information or in case of inclement weather.

Bluebird Country Hayride

Second Saturdays of each month • Noon-2pm
Meet behind the Bluebird Amphitheater

Come on down to Bluebird Gap Farm for a good old-fashioned country hayride. We load up behind the Bluebird Amphitheatre Stage and take a leisurely ride in a tractor-drawn hay wagon down the road a ways to the back of the farm around the fishin' pond, through the woods, and back. Wanna go again? Well just get back in line and ride again if you want to. This program is fair-weather dependent. For all ages. FREE.

Pony Pedicures

Saturdays 10/8, 11/19, 1/7, 3/3 • 9:30-10:30am
Meet at the Livestock Barn

You can trim your finger and toenails but what's a pony to do? Today you can see a demonstration of the art of trimming horse's hooves from our Farrier (horse shoer). For all ages. FREE.

Boo-bird Spook-tacular

Saturday 10/29 • 10am-3pm
Bluebird Gap Farm [60 Pine Chapel Rd.]

Dress up the kids and bring your family and goodie bags to the farm for a day of Halloween fun. Take a hayride, trick or treat among our animals (ages 2-13), participate in five different kid's activities from our Master Gardeners in the Arboretum, be amazed by spooky science experiments with Mad Science of Hampton Roads, and enjoy our Halloween Hospitality. Contribution is \$1 per person and food and beverages will be available for purchase. Parking on site; overflow parking at the old Best parking lot at the intersection of Coliseum Drive and Pine Chapel Rd. For all ages.



BLUEBIRD GAP FARM

60 Pine Chapel Road
Hampton, VA 23666
Phone 825-4750 ■ Fax# 825-4739
E-mail bluebird@hampton.gov

The farm offers an exciting, family-oriented adventure and educational experience rarely seen in an urban environment. This farm has more than 150 domestic and wild animals, including cattle, deer, pigs, alpaca, sulcata tortoise, waterfowl, barnyard fowl, ponies, sheep, goats, llamas, and even peacocks strutting along the walkways.

There are picnic tables under a shelter and many more picnic tables in various locations. Enjoy an antique display barn with vending machines, Hampton Master Gardeners Display Garden and Arboretum, and a large playground with plenty of space for kids to roam. Handicap-accessible restrooms on-site. The azalea nature trail is a beautiful experience in the springtime. Park rangers are on duty year-round.

Free admission and parking.

Hours of Operation:

Open year-round, Wednesday-Sunday, 9am-5pm
(closed on Monday and Tuesday, and major holidays)

Friends of the Farm SUPPORT GROUP FOR BLUEBIRD GAP FARM

If you love the outdoors, animals, gardening, hard labor (well maybe some good old fashioned hard work is a better term), then you'll want to come on down to Bluebird Gap Farm and join "Friends of the Farm."

**Give Jim Seward
a call (827-2765)
to let him know
you want to help out.**



“WINTER IS AN
ETCHING, SPRING
A WATERCOLOR,
SUMMER AN
OIL PAINTING
AND AUTUMN
A MOSAIC OF
THEM ALL.”

—Stanley Horowitz, author



COMMUNITY CENTERS ABBREVIATIONS KEY:

West Hampton
Community Center WHCC
Northampton
Community Center NHCC
Old Hampton
Community Center OHCC
North Phoebus
Community Center NPCC
Hampton
Senior Center HSC
Air Power Park. APP

**You can register for classes
at any community center
— or — call 727-8311!**

YOUTH

[Includes former Preschool & Teen sections. Programs for ALL ages are listed in the Adult section.]

SPECIAL EVENTS

Fright Night

**Friday & Saturday, October 28-29
7:30-9:30pm @ NHCC**

Be prepared for the scare of your life! You will be frightened by GHOULS, GHOST, and GOBLINS. Come if you dare! For ages 6+. \$3 per person. For more information call 825-4805.

Freaky Friday

**Friday 10/28 • 4-6pm
(must have HPR membership)
and 6-10pm (field trip) @ WHCC**

Parents, don't freak out because you need a babysitter on Friday, October 28th! Your child can join us for an exciting afternoon at the West Hampton Community Center! We will have spooky activities and games and will take a creepy field trip in the evening! How freaky is that? \$15 per participant, pizza and drinks included. Ages 6-12. For more information call 896-4696.

All Treats NO Tricks

Monday 10/31 • 5-6pm @ OHCC & WHCC

Want to have a safe place to collect your treats. Visit OHCC or WHCC and collect your goodies. Treats are for the youth accompanied by an adult. For ages 6-12. FREE. For more information call 727-1123.

Kids Night Out!

**Friday, 11/18 • 4-6pm
(must have HPR membership)
and 6-10pm (field trip) @ WHCC**

Parents your kids are SCREAMING for a night out on the town. Well we are READY to provide them with it. Bring them out for a fun-filled evening. We will climb the rock wall and venture out to the Peninsula Skating Rink. \$20 per participant, pizza and drinks included. Ages 6-12. For more information call 896-4696.

Thanksgiving Feast

Saturday, 11/19 • 11am-2pm @ NHCC

The center will sponsor a pre-Thanksgiving dinner for our neighbors in need. Come enjoy great food, great people as well as crafts and games for the children. For all ages. FREE. For more information call 825-4805.

Parents Shop, Kids Drop!

**Friday, 12/16 • 4-6pm
(must have HPR membership)
and 6-10pm (field trip) @ WHCC**

Parents just when you thought you had to bring along the kids for your holiday shopping... RELAX!!! We will take care of them for an evening of fun, with lots of activities, and venture. \$15 per participant, pizza and drinks included. Ages 6-12. For more information call 896-4696.

Brunch with Santa

Saturday, 12/17 • 10-11:30am @ NHCC

This holiday event is for the young at heart and will get you in the Holiday Spirit. Each family will receive a picture with Santa and brunch. Crafts will also be available. For all ages. \$3 per person. For more information call 825-4805.

Holiday Fun

Thursday 12/22 • 3:30-5pm @ NPCC

Join the staff as we celebrate and make holiday arts and crafts. There will be fun, games, and refreshments for all For ages 6-17. Free with HPR ID. For more information call 727-1160.

Mother and Daughter Tea

Saturday, April 21, 2012 • 2-5pm @ NHCC

Come out and enjoy an afternoon of fun, food and entertainment. Invite your mother, grandmother, aunts, cousins, and any other women that have been an inspiration to your life. Ages 5-18 and cost is \$10 per person.

SPECIAL PROGRAMS

Youth and Teen Recreation

Monday-Friday • 2:30-6pm @ OHCC

Kids just want to have fun. Let Old Hampton Community Center provide structured and free time activities for your youth or teen. Activities hours are convenient for after the school day. For ages 6-17. FREE with HPR ID. For more information call 727-1123.

Recreation Fun Pass

Monday, 11/7 • 7am-6pm @ OHCC

Join us when school is out and have fun such as swimming, field trips, and arts and crafts. Parent must provide lunch and snack. There may be additional fees for trips. For ages 6-14. \$20/day. For more information call 727-1123.

Fun Factory

**Monday-Friday, 10/3-6/15 • 2:30-6pm
WHCC**

Students will enjoy daily activities within the Community Center as well as tutorial services. Students will participate in arts & crafts, sports activities, games and take a chance at our Rock Wall. For more information call 896-4696. Must be HPR members and for ages 6-18.

Early Release School Days

Noon-6pm @ OHCC

Instead of going home when school is out early come hang out with us. For ages 6-14. FREE with HPR ID. For more information call 727-1123.

Youth Enrichment Field Trip

Tuesday, 11/8 • 9:30am-4pm @ NPCC

No school? Join us for a fun-filled day of adventure in Colonial Williamsburg. For ages 6-12. \$5 per child. For more information call 727-1160.



Kids Café

Monday-Friday • 5-6pm @ NPCC

This program offers school age children a meal once a week at no cost. It is sponsored by the Food Bank and Y.H Thomas Community Center. For ages 6-18. FREE with HPR ID. For more information call 727-1160.

Double Dutch for the Fun of It! (Jump Rope)

Tues & Thu • 2-6pm @ OHCC

Learn the game of Double Dutch in which two long jump ropes turning in opposite directions are jumped by one or more players jumping simultaneously. For ages 6-12. FREE with HPR ID. For more information call 727-1123.

ENRICHMENT

Piano

Mondays • 5-7pm @ NHCC

If you would like to learn to play the piano you have come to the right place. Our lessons are taught in 30-minute increments in a semi-private lesson. Private lessons can be scheduled separately. For ages 6+. \$40/month. For more information call 825-4805.

Guitar Lessons

Mondays • 5-9pm @ NHCC

Music fills the air at NHCC. Group and Private lessons are available. Beginners and advanced students are welcome. Please bring your guitar. For ages 6+. \$40/month. For more information call 825-4805.

Yummy, Yummy for My Tummy

Mondays • 5-6pm @ OHCC

Youth will learn kitchen safety and how to create healthy meals. Cost includes all supplies. For ages 6-17. \$7/class. For more information call 727-1123.

Back to School Tutor

Mon-Fri • 2:30-6pm @ OHCC

This program helps participants who need assistance in academics. The role of tutors is to provide practice with oral reading, homework instruction, and building confidence and motivation. For ages 6-17. Tutoring FREE with Community Center Membership (HPR ID). For more information call 727-1123.

Thursday Book Club

Thursdays, begins 10/6 • 4-4:45pm @ OHCC

The reading club meets once a month. It is a part of a literacy program that integrates reading, writing, art, and technology. For ages 6-13. Free with HPR ID. For more information call 727-1123.

“The X’ marks the Box!”

**Tuesdays & Thursdays, 10/11-3/29
4:30-6pm @ WHCC**

This program will challenge youth & teens physically and intellectually. Playing the XBOX 360 game once a week for 12 weeks will benefit physical fitness, as well as inspire teamwork and friendships. The XBOX 360 games, includes sports such as bowling, fun fitness games, dancing, and trivia games. There will be teams, prizes, and snacks provided! For more information call 896-4696. Must be HPR members and for ages 6-18.

Girls Scouts at North Phoebus Community Center

Thursdays, begins 10/20 • 3-4pm @ NPCC

Girls Scouts build strong character and skills needed for youth to succeed. Youth will participate in arts-n-crafts and leadership skills. For ages 6-12. Free with HPR ID. For more information call 727-1160.

Community Mentor Program with Big Brother/Big Sister

Tuesdays, begins 11/1 • 3-6pm @ OHCC

If you want a big brother or sister, we have the program for you. A Big Brother/Big Sister is a reliable adult of good character who commits to a child for a minimum of 1 year. The child enrolled in the program will see improvements in their academic performance, as well as social and emotional growth. For ages 6-12. Free with HPR ID. For more information call 727-1123.

Scrabble Club

Wednesdays, begins 11/9 • 4-6pm @ OHCC

This club can help you build your vocabulary one word at a time. Learn while you are having fun. For ages 9-15. \$20 per year. For more information call 727-1123.

Spring Break Enrichment

Mon-Fri, begins 4/2 • 7am-6pm @ OHCC

A week of exciting structured fun!!! Indoor swimming, arts & crafts, awesome field trips and professional staff. For ages 6-14. Cost is \$75 for the week. For more information call 727-1123.

Teen Recreation Advisory Board

Wednesdays • 5-6pm @ OHCC

Are you between the ages of 13 and 17? Do you like to talk? Meet new people? Listen to music? Surf the web? Read? If you answered yes to these questions, check out our Teen Advisory Group. Hang out and have fun with teens from around Hampton Roads. Give suggestions on activities and programs, volunteer for public services; provide a voice for Teens in Hampton. FREE. For more information call 727-1123.

Reconnect Suspension Program

**Weekdays • 8am-3pm @ OHCC
\$20 per day for entire day
Free with HPR ID from 3-6pm**

This program will assist children who have been suspended. Tutors and Therapeutic Counseling will assist in the program. For ages 8-17. For more information call 727-1123.

S.T.E.M./Robotics Club

Mondays, begins 10/3 • 4-6pm @ OHCC

The main goal of this program is to teach students how to use Science, Technology, Engineering, and Mathematics in everyday life. For ages 13-15. Cost is \$20. For more information call 727-1123.

The Body is a Canvas

**Wednesdays, begins 10/17
4pm-6pm @ OHCC**

This is an art class where you will be introduced to contouring, line design for cheek, hand, and full face. For ages 8-20. \$30/month. For more information call 727-1160.

Teen Prevention

Thursdays 4:30-6:30pm @ OHCC

Program that provides facts that help teens make informed and responsible decisions that promote healthy choices in life. Topics include: Career Workshops, Peer Pressure, Education, Character Building, Gang Awareness, and Life Skills. For ages 13-17. FREE. For more information call 727-1123.

“The X’ marks the Box!”

**Tuesdays & Thursdays, 10/11-3/29
4:30-6pm @ WHCC**

This program will challenge youth & teens physically and intellectually. Playing the XBOX 360 game once a week for 12 weeks will benefit physical fitness, as well as inspire teamwork and friendships. The XBOX 360 games, includes sports such as bowling, fun fitness games, dancing, and trivia games. There will be teams, prizes, and snacks provided! For more information call 896-4696. Must be HPR members and for ages 6-18.

Mini and Me “Move to the Music”

**Wednesdays, begins 10/5
3-4pm @ WHCC**

Have fun with your “mini” in this class that promotes social, cognitive and gross motor skills through fun, music, play and dance.

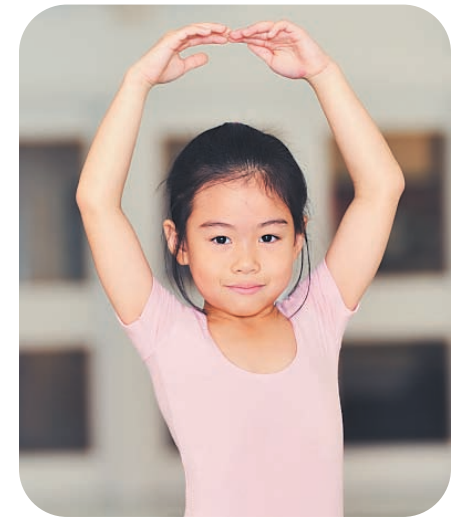
For adults with children 6 months to 5 years. \$15/6-week session. For more information call 896-4687.

DANCE

Pre-Ballet

Saturdays • 11am-Noon @ NHCC

Calling all Balletomanes (Ballet enthusiast). This introductory ballet class will focus on ballet steps and movements along with balance, coordination, motor skills, and flexibility. For ages 3-5. \$25 per month. For more information call 825-4805.



Ballet

Saturdays • 10-10:50am @ NHCC

Ballerinas and Cavaliers will review and continue to improve on the steps and movements learned earlier and develop dance routines. For ages 4-10. \$25 per month. For more information call 825-4805.

Hip Hop Dance Class

**Saturdays, begins 10/8
11am-Noon @ OHCC**

Contemporary hip hop, locking, poppin, and breakin. Classes start off with a basic warm-up. Then the instructor breaks the class down with a hip-hop combination. In this class the instructor will lay out the basic foundations of the movement style. For ages 10-40. \$20 per month. For more information call 727-1123.

SPECIAL EVENTS

spooky • fresh • cool • outdoor • grand • celebratory • crafty • historic • fantastic • holiday • country • musical

Fall 2011–Winter 2012



Downtown Hampton Market Place's Fall Market

Saturdays, October 1-22 • 9am-1pm @ Queensway in Downtown Hampton

Come enjoy live entertainment, artist, fresh produce, arts and crafts and more!

Boo-bird Spook-tacular

Saturday, October 29 • 10am-3pm Bluebird Gap Farm [60 Pine Chapel Rd.]

Dress up the kids and bring your family and goodie bags to the farm for a day of Halloween fun. Take a hayride, trick or treat among our animals (ages 2-13), participate in five different kid's activities from our Master Gardeners in the Arboretum, be amazed by spooky science experiments with Mad Science of Hampton Roads, and enjoy our Halloween Hospitality. Contribution is \$1 per person and food and beverages will be available for purchase throughout the day. Parking on site; overflow parking at the old Best parking lot at the intersection of Coliseum Drive and Pine Chapel Rd. For all ages.

Virginia Air & Space Center Halloween Bash

Saturday, October 29 • 4-7pm

Enjoy safe trick-or-treating, costume contests, the wacky wizard's castle, spooky make-n-takes, Child Identification from the Hampton Sheriff's Department, and more! Admission fee. Call 727-0900 for more information. <http://www.vasc.org/events/halloweenbash.html>

Fright Night

Friday & Saturday, October 28-29 7:30-9:30pm @ NHCC

Be prepared for the scare of your life! You will be frightened by GHOULS, GHOST, and GOBLINS. Come if you dare! For ages 6+. \$3 per person. For more information call 825-4805.

All Treats NO Tricks

Monday, October 31 • 5-6pm @ OHCC & WHCC

Want to have a safe place to collect your treats. Visit OHCC or WHCC and collect your goodies. Treats are for the youth accompanied by an adult. For ages 6-12. FREE. For more information call 727-1123.

Apples of Autumn Tea Party

Wednesday, November 16 • 11am-1pm @ HSC

Bring a friend and share an afternoon filled with the flavor and the history of tea and apples. Bring your own teacup and saucer place setting. Part of the fun is seeing the many beautiful and unique cup settings around the room. Good company, good food, and prizes. For ages 55+. FREE. For more information call 727-1601.



Downtown Hampton on Ice

November 18, 2011–March 4, 2012

Downtown Hampton on Ice is the premiere ice skating rink. Located at the Virginia Air & Space Center, the rink provides public skating, special events, skating demonstrations and more!



2011 Coliseum Central Business Improvement District's Holiday Parade: "It's a wonderful neighborhood at Coliseum Central"

Saturday, November 19 • 9:30am

Celebrate the holiday season at this year's "It's a wonderful neighborhood at Coliseum Central" themed parade! The parade begins at Hampton Roads Center Parkway near Sentara CarePlex and marches down Coliseum Drive, turns into Peninsula Town Center, turns down Von Schilling and ending in the Riverdale Shopping Center. The parade features bands, floats and troops.



Thanksgiving Feast

Saturday, November 19 • 11am-2pm @ NHCC

The center will sponsor a pre-Thanksgiving dinner for our neighbors in need. Come enjoy great food, great people as well as crafts and games for the children. For all ages. FREE. For more information call 825-4805.

Santa's Attic

Thursday, December 1 • Noon-5pm

Friday, December 2 • 10am-6pm

Once again Santa and his helpers have been working hard to meet the demands of the upcoming holiday season and the shelves are well stocked with beautiful creations. Come to Hampton City Hall for the opportunity to take care of your holiday gift giving needs by choosing from many unique items! FREE admission. Friday Night Special between 4-6pm enjoy complimentary cider and cookies. Special appearance from Santa! To apply as a vendor call 728-2085 or download an application at www.hampton.gov/parks/santas_attic.



Fourth Annual First Light Celebration

Friday, December 2 • 5:30-7pm @ Hampton History Museum

Enjoy Olde English foods, Native American foods, 17th century music and crafts, Commemorative Ornaments and more! Re-enactments and story of Captain John Smith's Christmas at Kecoughtan, 1608 - America's first recorded English Christmas... Free and Open to the Public.

Hampton Holly Days Parade "Candy Cane Lane"

Saturday, December 10 • 7pm Downtown Hampton

Have a sweet time in downtown Hampton at the Peninsula's favorite illuminated holiday parade. This year's Grand Marshal is The Candy Man-Willy Wonka! You'll want to come early to get a good spot to enjoy one of Hampton's greatest seasonal traditions. Candy Cane Lane goes from Eaton Street & Settler's Landing Road to Darling Stadium. FREE and fun for all ages. For more information, see page 23, call 727-8311 or www.hampton.gov/parks.



Santa Calls

Thursday, December 15 • 5:30-8pm

Santa and his helpers will soon be busy with calls to boys and girls around the world, we are helping him by providing applications for calls from Santa for children 4-9 years of age. Applications will be available at Hampton community centers and public libraries or you can download an application at www.hampton.gov/parks. Applications are due by Monday, December 13. Call 728-2085 with questions or to volunteer to help Santa with his calls.

Brunch with Santa

Saturday, December 17 10-11:30am @ NHCC

This holiday event is for the young at heart and will get you in the Holiday Spirit. Each family will receive a picture with Santa and brunch. Crafts will also be available. For all ages. \$3 per person. For more information call 825-4805.



Winterblast Country Music Festival

Saturday, January 28, 2012 @ Hampton Coliseum

The 5th Annual Winterblast Country Music Festival will again showcase an array of the hottest up and coming national country artists as well as local country artists. Ticket and artist information TBA. Visit www.hamptoncoliseum.org for up-to-date information.

North Phoebus African Outfitters Fashion Show

Thursday, February 22 • 6-8pm @ NPCC

Come and join North Phoebus Community Center during an evening of African elegance as our models showcase some of Nigeria's finest garments. For ages 20+. FREE with HPR ID. For more information call 727-1160.



Cirque Du Soleil – Quidam

Wednesday-Sunday, December 7-11 @ Hampton Coliseum

Adults: \$35 - \$100
Children (12 & under): \$28 - \$76
Military, Seniors & Students: \$31.50 - \$8

Tickets are available at the Hampton Coliseum Box Office, online at www.ticketmaster.com, charge-by-phone at 1-800-745-3000 or any Ticketmaster Outlet. For more event information, visit www.hamptoncoliseum.org.

PARTICIPATE IN THE HAMPTON HOLLY DAYS PARADE!

Saturday, December 10 • 7pm

Everyone loves to watch a parade, but think of the fun you could have by being a participant in the Hampton Holly Days Parade in downtown Hampton.

This parade is telecast live on WVEC-TV 13 so besides the fun of participating you could be a TV star.

If you would like to have an entry in the parade you can contact us at 727-6387 or visit http://www.hampton.gov/parks/holly_days for more information or to download an application.

All parade entries are due at the mandatory meeting in Hampton City Hall on Thursday, Nov. 10 at 6pm.

We are also looking for volunteers to help with the parade, you can download an application at the above mentioned website.

COMMUNITY CENTERS ABBREVIATIONS KEY:

West Hampton Community Center	WHCC
Northampton Community Center	NHCC
Old Hampton Community Center	OHCC
North Phoebus Community Center	NPCC
Hampton Senior Center	HSC
Air Power Park	APP

STAY INFORMED! Visit www.hampton.gov, call 311 (727-8311 from outside of Hampton or from a cell phone), sign up for free email updates at hampton.gov/enews or follow us on www.facebook.com/HamptonVA and www.twitter.com/cityofhampton

YOUTH ATHLETIC PROGRAMS

Hampton Parks & Recreation

ATHLETIC OFFICE
413 W. Mercury Blvd
726-8750 or 726-8751



The Hampton Parks and Recreation Department offers programs which are open to all persons regardless of race, sex, religion, color, national origin, age or disability.

If you are disabled and will need special accommodation in order to participate, please contact us at
(757) 727-1601.

Youth Basketball

Ages 6-18 • November-March
Registration: October

ABERDEEN..... Linwood Harper • 838-4679
CAVALIERS Kevin Custis • 753-9488
FOX HILL..... Lisa Quidera • 268-6734
KAPPA CARDINALS Arthur Price • 838-6251
NORTHAMPTON Scotty Hamiel • 773-1619
PHOEBUS Barry Moore • 320-7776
WOODLAND..... Willie Washington • 303-8295
Y.H. THOMAS Douglas Sessoms • 303-2248
ANDREWS Joseph Biava • 268-3333
DAVIS Gary VanHook • 879-2336
LINDSAY Richie Scott • 508-2567
SPRATLEY Michelle Barnes • 850-5032
SYMS Theresa Brown • 850-5050
THOMAS EATON..... Mark Hudson • 825-4540
TYLER..... Steve Gurley • 851-2395
PHENIX Cathy Williams • 268-3500
AAU BASKETBALL Boo Williams • 825-1490
EAST COAST..... Stephen Gibson • 713-2354

Football

Ages 6-15 • July-November
Registration: May

ABERDEEN..... Dave Walters • 727-0599
CAVALIERS Kevin Custis • 753-9488
EAST COAST..... Stephen Gibson • 713-2354
FOX HILL Lee Gear • 851-2285
KAPPA CARDINALS Arthur Price • 838-6251
NORTHAMPTON..... Anita McCray • 329-4247
PHOEBUS Barry Moore • 320-7776
TYLER Nick Dibuono • 345-9496
WOODLAND..... Willie Washington • 303-8295
Y.H. THOMAS Douglas Sessoms • 303-2248

Soccer

Ages 4-18 • March-June / September-November
Registration: January & July

VIRGINIA RUSH (ages 3-15)... VA Rush Office • 224-0213
PHILLIPS (ages 4-18)..... Kathy Cato • 851-6600
PENINSULA AYSO (ages 2½-12) . Warren White • 291-5305
VIP UNITED FC (Youth 10 & 19)
..... Ralph Capotosto • 880-4483
..... Joe Slezak • 879-6602



Revised 08/14/11

Check www.hampton.gov/parks for the latest updates!

Wrestling

Ages 6-15 • December-March
Registration: November

HAMPTON Dorothy Thacker • 838-6147
PIN 2 WIN WRESTLING CLUB .. Janet Williams • 838-5906

Baseball/T-Ball

Ages 6-17 • March-June
Registration: February; Phillips April

MALLORY Larry Foster • 672-9936
NORTHAMPTON Jimmy Jessup • 867-7287
PHILLIPS..... Dan Boltz • 851-6600
PHOEBUS Mary McCoy • 851-9488
WYTHE Phil Everhart, Jr. • 723-3559
Y.H. THOMAS Douglas Sessoms • 303-2248

Softball

Ages 18+
SPRING: March-August
FALL LEAGUE: September-November

ATHLETIC OFFICE 726-8750

Girls' Softball

Ages 8-16 • June-July
Registration: May

FOX HILL Kevin Johnson • 851-0613
NORTH HAMPTON (Jan) Nancy Hinson • 827-8438
WYTHE Phil Everhart, Jr. • 723-3559

Cheerleading

Ages 6-15 • July-November
Registration: May

ABERDEEN..... Yvonne Harper • 838-4679
CAVALIERS Vanessa Rice • 358-9985
EAST COAST Cindy Wygans • 714-7081
FOX HILL..... Karen Ablonsky • 850-2674
KAPPA CARDINALS Deena Edwards • 685-1909
NORTHAMPTON Dana Rodgers • 320-5112
PHOEBUS Sandra Hagins • 719-3761
TYLER Mary Miller • 810-3057
WOODLAND Leah Washington • 303-8295
Y.H. THOMAS Tamika Acuna • 727-1200

Beach Volleyball

Ages 16+ • www.stopwatchsports.net
..... Craig Lenniger • 773-4386

YOUTH

[Continued from page 13]

FITNESS

Project K.O.B.E. (Kids Obtain Balance and Exercise)

Wednesdays, begins 10/12
6-7pm @ OHCC

Children will learn habits to keep them healthy and improve their muscle and bone mass, lessen body fat, improve sleep and increase metabolism. This is an ongoing program. For ages 7-14. Cost is \$20. For more information call 727-1123.

Home School Fitness

Tue & Thu • 10-11am @ WHCC
Fri • 10am-Noon @ WHCC

Learn the skills and rules of sports as well as the fundamentals of fitness including a variety of recreational games, weight lifting, rock climbing, nutrition and more. For ages 6-17. Cost is \$15. For more info call 896-4687.

Wii Fitness Class

Mondays • 5-6pm @ NPCC & NHCC

Come and get fit for the new school year and compete with different youth and win prizes. For ages 6+. Free with HPR ID. For more information call 727-1160.

Indoor Flag Football Skill Development League for Beginners

Thursdays, began 9/15 • 4-5pm @ NPCC

Youth can have fun while competing in the 4-4 indoor flag league. Each participant will receive a free football card and a snack. This is a 12-week program. For ages 6-8. Free with HPR ID. For more information call 727-1160.

Basketball Youth Camp

Tuesday-Friday, 12/27-30
9:30am-2pm @ NPCC

Youth will learn the fundamentals of basketball while competing for the NPCC winter basketball camp championship trophy. Lunch provided. For ages 6-12. Cost is \$20. For more information call 727-1637.

Wing Chun Training

Wednesdays & Saturdays • 6-7pm @ OHCC

Out of Chinese Kung Fu styles Wing Chun has been the most popularized, because it was the style that was immortalized by the legendary Bruce Lee. It was designed for simplicity, economy of movement, and for all body shapes. For ages 6-12. \$40 per month. For more information call 727-1123.

Tae Kwon Do

Tuesdays • 7-8pm @ NHCC

This course focuses on the traditional Art of Tae Kwon Do with a self defense application. Get physically fit while learning to defend yourself, gaining confidence, and improving your self-esteem. Classes are taught by a certified TKDO Master, Master Barnes. For ages 5+. \$20 per month. For more information, call 825-4805.



Healthy Families Partnership

Fall-Winter Parenting Classes

Healthy Families Partnership

offers a variety of Parent Education classes for families with children ages 0 through 18.

Below is a list of upcoming classes.

For the most updated list visit www.hampton.gov/healthyfamilies

NEW DADS BOOT CAMP

One day workshop – 10/15 or 1/21

Utilizing a man-to-man approach, veteran dads and their newborns orient fathers-to-be. New Dads Boot Camp prepares men to be dads in all respects, beginning with holding and comforting a real baby.

LABOR AND MY BABY (LAMB)

One day workshop –
choose 10/6, 10/15 or 1/5

This workshop will calm your fears and answer many of your questions on what to expect in the delivery room through prepared childbirth instruction and exercises.

REGISTRATION INFORMATION FREE for Hampton families

All classes will be held at Healthy Families Partnership (100 Old Hampton Lane, downtown Hampton)

You must register in advance. Call 727-1300 or email Lynn Butler at lbutler@hampton.gov to register.

SCHOOL AGE PROGRAMS

Healthy Families Partnership • 100 Old Hampton Lane • Hampton, VA 23669 • 727-1055
Monday-Friday 8am-4:30pm • Website: www.hampton.gov

We offer BEFORE SCHOOL and AFTER SCHOOL PROGRAMS
for Elementary Schools, K-8 Schools and Middle Schools!

Before School (AM) and After School (PM) Program availability will be determined by enrollment and school request. Both programs are based upon a minimum participation of 25 paid registrants.

The Before School Program begins at 7am and runs until dismissal for breakfast. The After School Program begins at school dismissal and runs until 6pm.

Students can only be registered for the Before or After School Program at the school they attend. All Programs end at 6pm.

FEES ARE AS FOLLOWS:

There is a Registration Fee of \$20 per child per school year. Children who attend the Before and After School program only pay one registration fee for the morning and afternoon programs.

Separate registration fee is required for summer programs.

*Morning programs are based upon a minimum participation of 15 paid registrants.

PAYMENTS:

New 5-day passes may be used anytime during the school year. A \$20 registration fee is required. All days must be used by the last day of school no refunds for unused passes. Drop in passes require 24-hour advanced site notification.

BEFORE SCHOOL (AM)

5 Day Drop in Pass	Weekly
First Child	\$25. \$20
Additional Child	\$25. \$17

AFTER SCHOOL (PM)

5 Day Drop in Pass	Weekly
First Child	\$50. \$45
Additional Child	\$50. \$40

HAMPTON SCHOOL AGE PROGRAMS

Check or money order payments and registrations are now being received **at each program site** as long as space is available.

Credit card payments are being received at:

Healthy Family Partnership
100 Old Hampton Lane • Hampton, VA 23669

Call 727-1055
for more information.

THERAPEUTIC RECREATION

727-1601 and 727-1977

Therapeutic Recreation Programs for Individuals with Disabilities utilize education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure in a way that enhances their health, independence and well-being. Participants must be able to follow one-step directions, participate in group activities, manage own behavior with moderate to minimal staff intervention.

Registration Information:

Registration is on-going and is required for all programs. Registration forms may be picked up at the Hampton Senior Center, 3501 Kecoughtan Rd. New participants must complete participant information packets and meet with the TR Staff before registering for programs.

HAMPTON MAYOR'S COMMITTEE FOR PEOPLE WITH DISABILITIES

Our 2011 Annual Awards Luncheon is scheduled for Thursday, October 20 at the Hampton Roads Convention Center from Noon-2pm.

If you are interested in attending and/or would like to nominate someone for an Award – we can mail our Newsletter to you with all the information. The information is also on our website – www.Hampton.gov – type “disabilities” in the Search box or call 826-0762 and I will mail you a copy.

The Committee meets the 2nd Thursday of every month (except July and December) at City Hall in the City Council Chambers on the 8th floor from 3-5pm.

All are welcome to attend!!!!
We'd love to meet you!!!

— Jeanne Smith

THERAPEUTICS

For Individuals with Special Needs

THERAPEUTIC RECREATION ASSESSMENTS

Tuesday-Thursday • 3-5:30pm • For ages 5-22 • \$25

Therapeutic Recreation Programs for individuals with disabilities utilize education and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in a way that enhances their health, independence, and well-being. Participants must be able to follow one-step directions, participate in group activities, and manage own behavior with moderate to minimal staff intervention. Parents, if you anticipate signing up your child for therapeutic recreation

programs, you must have an assessment completed. The parent must provide for the following participant's items: recent copy of IEP, current physical, list of medications currently taking, assessment fee of \$25 in the form of check or money order, and a current picture of the participant. If the participant will be receiving financial support, we need documentation along with case manager contact information. For more information call 727-1601.

Halloween Party

Monday 10/31 • 6:30-8:30pm @ HSC

Come hang out with your peers at a special Halloween get together. Wear your costume. We will have a contest and prizes. Socialize with peers, dance, play games, and have spooky fun! Refreshments will be served. For ages 13-22. \$5 per person. This program is designed for individuals with special needs, and requires advance registration.

Winter Break Camp

Monday-Friday, 12/26-30
7am-6pm @ OHCC

Join your peers for a week of winter fun. Socialization, games, and arts & crafts will make winter break exciting and active. This program is designed for individuals with special needs, and requires advance registration. For ages 5-22. \$75 per person. For more information call 727-1601.

Celebrate Disability Awareness Month

Thursday 10/6 • 6-7:30pm @ OHCC

Join the Mayor's Committee for People with Disabilities and HPRD/Therapeutic Recreation Services as they share information that will be useful to parents and caregivers. Some topics of discussion may be: Transitions Process and Medicaid Waiver Services for all ages. Respite care and dinner will be provided. For all ages. FREE. For more information call 727-1601.

Afterschool Program

On-going • 2:30-6pm @ OHCC & Phoebus High School

This is an after-school recreation program designed for children with special needs. The program encourages socialization, independence, and fun for participants, while offering a variety of recreational activities for participation. For ages 5+. \$45/week. This program requires advance registration.

BEFORE SCHOOL	Weekly	Monthly
First Child	\$20	\$70
Additional Child	\$17	\$65
AFTER SCHOOL	Weekly	Monthly
First Child	\$45	\$160
Additional Child	\$40	\$150



Therapeutic Recreation Service's goal is to provide opportunities for children and adults with disabilities to participate in recreation and leisure programs in the Hampton Community

virginia beach / hampton

BLAZE SPORTS CLUBS

For more information or to register for the program call 727-1977 or 727-1601.

AGE: 6-11; 12-18 & Adult • LOCATION: based on the activity.

DAYS: Call to get the seasonal sport schedule

TIME: Varies, based on sport • REG. DEADLINE: based on sport

TARGET POPULATION: Serving individuals with physical disabilities to include: Spinal Cord Injuries, Spina Bifida, Cerebral Palsy, Amputee, etc.

FEE: \$20 non-refundable registration/assessment, additional fee may be required based on the sport.

SKILLS REQUIRED: Ability to push manual wheelchair/sports chair and a desire to actively participate.

This program is a partnership with Virginia Beach Parks and Recreation Department. These programs offer introduction and instruction for youth, teens, and adults with physical disabilities in a variety of adaptive sports, such as wheelchair basketball, wheelchair tennis, swimming, and track and field.

ADULTS

FITNESS

Adult Volleyball

Mondays • 6-10pm @ WHCC
Fridays @ WHCC

Adult volleyball is for those who want to come out and meet new faces while enjoying the game of volleyball. Everyone participating must have a valid HPR membership. For ages 19+. \$20 annual fee. For more information call 896-4687.

Workout on the Waterfront

Sundays 10/2 10/16 • 8-9am
Buckroe Beach Stage

A great workout and a great view. For all ages and fitness levels. Join us at Buckroe Beach Park for an invigorating morning workout. All equipment is provided by HPR. For ages 8+. FREE. For more information call 896-4687.

Sunrise Zumba

Mondays • 6:15am @ WHCC • \$15/month

Get your week started early with this heart pumping, energizing sunrise Zumba Class. For ages 13+. For more information call 896-4687.

ZUMBA

Mondays • 6-7pm @ NHCC • \$15/month
Wednesdays • 6-7pm @ OHCC • \$15/month
Tues & Thu • 7-8pm @ WHCC • \$20/month

Join the party! Get a great cardio workout while dancing to the hottest Latin beats and sweatin' your way to a leaner body. It's not just a workout, it's a party! For more information call 896-4687. For ages 13+.

ZUMBA Familia

Saturdays • 10:15-11:15am @ WHCC

Zumba for the whole family... a great workout that's more dance party than exercise. Class taught by a National Certified Zumba Instructor. For ages 8+. \$15/month. For more information call 896-4687.

Cycle Circuit

Saturdays • 9-10am @ WHCC • \$15/month

Saddle up and ride! This is a serious calorie and fat-burning workout without the impact of traditional aerobics. Class combines indoor cycling with strength and training for better overall health and fitness. Class size is limited to 10 riders. For ages 14+. For more information call 896-4687.

Sunrise Cy-Yo

Fridays • 6:15-7am @ WHCC

Finish the week strong with an invigorating indoor cycling and Yoga combo. You will leave feeling strong, stretched, and ready to take on the day. Class size is limited. Get in the class today! For ages 14+. \$15/month. For more information call 896-4687.

TBC – Total Body Conditioning

Mondays & Thursdays • 6-7pm @ OHCC

Total Body Conditioning, with cardio and compound moves to get you fit faster. For ages 16+. \$20/month. For more information call 737-1123.

We Be Fit – Cross Training

Tues & Thurs • 5:45-6:45pm @ NHCC

Cross training is the best way to maximize your workouts through varying intensities, weight and resistance levels, and repetitions while decreasing stress and joint injury. You'll burn fat and sculpt lean muscle. For ages 16+. \$20/month. For more information call 825-4805.

30 Minute – Get Fit

Mon Wed & Fri • 12:15-12:45pm @ WHCC

30 minutes, 3 times a week will get you fit and keep your body healthy and strong. Classes include step and low impact aerobics, weight and resistance training, ab work and stretching. For ages 18+. \$20/month. For more information call 896-4687.

Step & Sculpt

Tues & Thurs • 8:30-9:30am @ WHCC

Step away from the fad and get back to what started it all-STEP. A powerful workout for upper and lower body .and is perfect for all fitness levels. For ages 18+. \$20/month. For more information call 896-4687.

Walk Away the Pounds

Mon, Wed & Fri • 9-10am @ WHCC & NHCC
Tues & Thu • 5:45-6:45pm @ WHCC
Mon • 5:30-6:30pm @ NPCC & OHCC
Mon • 11:30am-12:30pm @ Newtown Learning Center

Total body work out designed to reduce stress, decrease fat, increase energy and cardio fitness. Proper supportive walking shoes required. For ages 18+. FREE with HPR ID. For more information call 896-4687.

Gym Walking

Mon-Fri • 8:30am-2pm @ OHCC
Saturdays • 10am-4pm @ OHCC

Too hot or cold to walk outside, join us at OHCC and walk at least a mile; that's 20 times around the gym. Get an incentive for every 15 miles that you walk in the gym at OHCC. For ages 21+. FREE with HPR ID. For more information call 727-1123.

Flexercise

Tuesdays • 7-8pm @ NHCC

This class is designed to help you keep your flexibility or gain more flexibility as well as improve range of motion and overall wellness. For ages 21+. \$15/month.

Kettlebells

Mondays • 5:15-6:15pm @ WHCC

Traditional Russian kettlebell training for total body strength and balance. For ages 14+. \$15/month. For more information call 896-4696.



Yoga Lite

Mon OR Wed • 10-11am @ NHCC

Yoga Lite is an integrated Yoga designed to meet the needs and honor the aging process of our bodies. A combination of breathing, gentle poses and balance increase flexibility, range of motion, strength and energy while reducing blood pressure and helping to lower cholesterol and stress. Exercise can be done seated in a chair or on the floor mats. For ages 52+. \$10/month. For more information call 825-4805.

Fitness Yoga

Wednesdays • 6:30-7:30pm @ NHCC

Fitness Yoga combines the elements of Hatha and Iyengar Yoga styles along with Pilates to relieve stress and tension while increasing flexibility, strength, energy, and mental clarity. For ages 13+. \$15/month. For more information call 825-4805.

ADULT ATHLETIC PROGRAMS

Hampton Parks & Recreation

ATHLETIC OFFICE

413 West Mercury Blvd.
726-8750 or 726-8751

Softball

Ages 18+
Spring League: March – August
Fall League: September – November

Athletic Office 726-8750

Indoor Rock Climbing Wall

Monday-Friday • Noon-7pm
Saturday • Call to schedule @ WHCC

The Indoor Rock Climbing Wall is a safe, fun, competitive, and challenging activity. Participants will learn the fundamentals of rock climbing including how to rock climb, tie knots and the proper way to use equipment. Waivers are required for all climbing wall activities. Must have a VALID HPR membership card. For age 6 & up. Contact information: 896-4694 or 896-4687.

COMMUNITY CENTERS ABBREVIATIONS KEY:

West Hampton
Community Center WHCC
Northampton
Community Center NHCC
Old Hampton
Community Center OHCC
North Phoebus
Community Center NPCC
Hampton
Senior Center HSC
Air Power Park APP

You can register for classes at any community center — or — call 727-8311!

ENRICHMENT

ABC's Computer Classes for Adults**Tues & Thurs • Noon-1pm @ NPCC**

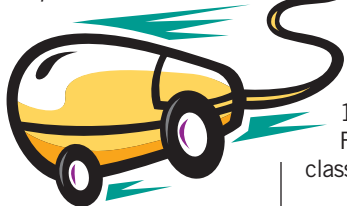
This is the perfect class to learn to use the computer. Beginners are welcome. For ages 18+. FREE with HPR ID. For more information call 727-1160.

On-Line Classes

We teach every topic you can imagine – from Creating Web Pages to Accounting Fundamentals, Speed Spanish to Grant Writing, Medical Terminology to Real Estate Investing, and much, much more. And every course includes an instructor. Registration monthly, new classes start each month. For ages 21+. Can be taken at any time. Fees vary. For more information call 727-1664. *Registration: go to www.ed2go.com/hampton.*

Surf the Web**Tuesdays • 1-2pm @ NPCC**

Community resource at your backdoor, Community computer classes such as tips to surf the web. Provides parents with the proper knowledge needed to protect their children on the internet. For ages 18+. FREE with HPR ID. For more information call 727-1160.



ARTS & CRAFTS

The Body is a Canvas**Wednesdays, begins 10/17
10am-Noon @ OHCC**

This is an art class where you will be introduced to brush strokes contouring, line design for cheek, hand, and full face. Ages 21+. \$30 per month. For more information call 727-1123.

Attention Quilters!

The Hampton Senior Center has a quilting stand that is available for your use during operating hours, Monday-Friday.

If you would like to come in and use it (at no charge), call us at 727-1601 to reserve some time for your special quilting project.

ADULTS

[Continued from page 17]

DANCE

African Dance**Fridays • 10:30-11:45am @ WHCC**

Traditional African Dance taught by Tchesar with live African Drumming. A fun and unique class for everyone. For ages 15+. FREE with HPR ID. For more information call 896-4695.

Chicago Style Steppin'**Tuesdays, begins 10/4 • 6-7:30pm @ OHCC**

Chicago Style Steppin' is a social dance done in time to music that occurs on a steady, recognizable "downbeat". You will learn to take steps to the down beat and still come back in time with your partner, as well as how to execute the various turn patterns, foot work, and pulls that are inclusive elements of this dance. This is a six-week class. All levels are included in this class. This class is on going, but you must register at any community center 1 week before the start of class. For ages 16+. \$30/person for six-week class. For more information call 727-1664.

Step In the Name of Life – Line Dancing**Thursdays • 6:15-7:30pm @ OHCC**

Step in the Name of Life's goal is to fight high cholesterol, high blood pressure, diabetes and much more through the exercise of line dancing. Enjoy contemporary line dance music and line dance your way to good health. On going, register anytime. For ages 16+. FREE with HPR ID. For more information call 727-1664.



SPECIAL PROGRAMS

Slam Dunk Breast Cancer Basketball Tournament**Saturday 10/8 • 10am-3pm @ OHCC**

Come out and enjoy basketball, while honoring 15 area Cancer Survivors. The tournament is co-sponsored by American Cancer Society, Virginia Roots, Inc, ProSperity Entertainment, and Monica Denise Organo Gold. Free health screenings will be available. Wear pink for a chance to win a prize. For all ages. FREE. For more information call 272-1123.

**Thanksgiving Feast****Saturday, 11/19 • 11am-2pm @ NHCC**

The center will sponsor a pre-Thanksgiving dinner for our less fortunate neighbors. Come enjoy great food, great people as well as crafts and games for the children. For all ages. FREE. For more information call 825-4805.

Black History Month Presentation**Wednesdays, begins 2/1
5-7pm @ OHCC**

Come join this month long celebration of African American History through poetry, dance, history trivia, guest speakers, group discussion, and cultural foods. For all ages. FREE with HPR ID. For more information call 272-1123.



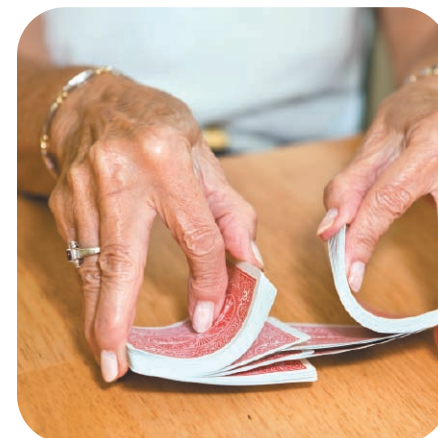
SOCIAL

North Phoebus African Outfitters Fashion Show**Thursday 2/22 • 6-8pm @ NPCC**

Come and join North Phoebus Community Center during an evening of African elegance as our models showcase some of Nigeria's finest garments. For ages 20+. FREE with HPR ID. For more information call 727-1160.

Trump This Card Game**Wednesdays • 9am-Noon @ NPCC**

Seeking persons who love to play cards. Clean space, free coffee, and tea are available. For ages 18+. FREE with HPR ID. For more information call 727-1160.



ACTIVE OLDER ADULTS

SPECIAL PROGRAMS



A Legacy Project: Historical Generations

Mondays • 1-2pm
@ HSC / Hampton Main Library

Find your roots, discover your family and interpret your health factors as they may relate to your ancestors. Explore and discover the many amazing facts from your childhood or adulthood that may be linked by a look into the past. This program is offered in partnership with Hampton Public Library Genealogy Department. Introduction held at Hampton Senior Center. Follow up classes and research assistance held at the Main Library, under the direction of Elizabeth Wilson. For ages 55+. FREE. For more information call 727-1601.

Chimney Sweepers: A Step In Time

Wednesday 10/12 • Noon @ HSC

With fall and winter quickly approaching we want to be prepared. Information on what we need to prepare our fireplaces and dryer vents to insure they are clean and safe will be presented. Fire prevention is the key. Join Us! For ages 55+. FREE. For more information call 727-1601.

Lunch & Learn for Seniors

Fridays, 10/14, 21, & 28
11:30am-1pm @ HSC

Grab a bite and head out to the Hampton Senior Center to learn some need-to-know topics for improving health, wellness and peace of mind. Subjects designed for seniors 55+ or those who care for them. Presenters featured are professionals from various organizations such as Bon Secour, Riverside, Hampton University, and Universal American. For ages 55+. FREE. For more information call 727-1601.

TOPICS TO INCLUDE: Care Takers Relief Program; Are You Well?; Medication Mixers: Dos and Dont's; The Top Ten Health Care Tips For Seniors; Obesity, Cardiovascular Ailments, and Diabetes: Syndromes that Mark Senior Health; The Best Health Care for Everyone; and Taxes, Estates and Wills.

Potato Lovers' Friday

Fridays, 11/4 & 18 • 11:30am-1pm @ HSC

Love potatoes...then you'll love this. Come taste what's cooking with these potato dish surprises. Whether it's sweet or white, a melt in your mouth baked variety or one cooked to a golden crisp and seasoned perfectly, you'll love them all. Potato history provided! For ages 55+. Cost is a donation of canned good for the Food Bank. For more information call 727-1601.

Apples of Autumn Tea Party

Wednesday 11/16 • 11am-1pm @ HSC

Bring a friend and share an afternoon filled with the flavor and the history of tea and apples. Bring your own teacup and saucer place setting. Part of the fun is seeing the many beautiful and unique cup settings around the room. Good company, good food, and prizes. For ages 55+. FREE. For more information call 727-1601.

Holiday Madness

Wednesdays 12/7, 14 & 21 • 1-4pm @ HSC

DECEMBER 7TH • Chili and Crafts Day! The local firefighters will be heating up the day with a brew of hearty chili. Then stay to create your own tree trimming crafts and ornaments and help us light the halls for Christmas.

DECEMBER 14TH • Cinema Day! Enjoy an afternoon watching a movie on the big screen with popcorn munchies and drinks.

DECEMBER 21ST • Holiday Traditions Party! Happy holidays to our patrons and friends. We'll be cheering up for the holiday with songs, refreshments, and Christmas traditions from your home and around the world. Look for some surprises too!

For ages 55+. FREE.
 For more information call 727-1601.

A Day of Dance

Thursday 12/15 • 10am-Noon @ HSC

Get on the Floor and dance guy and girls. We got your dance number, line or a square. Whether you're sitting, standing or just strutting about, you can dance. Visiting local city groups will join the Hampton Center Line Dancers, Square Dancers, Chair Exercisers, and Timeless Fashion Models for fun, fitness, and refreshments. For ages 55+. FREE. For more information call 727-1601.

Over the Hill – New Year's Birthday Bash

Saturday 1/7 • Noon-3pm @ HSC

Join us at the Over the Hill Birthday Bash. We will have will refreshments, some good old but goodie fun, entertainment and prizes. For ages 55+. \$5 per person. Please call 727-1601 to register. Limit 150.

[ACTIVE OLDER ADULTS
 Continues on page 20]



SUMMER IS ALREADY BETTER, BUT THE BEST IS AUTUMN. IT IS MATURE, REASONABLE AND SERIOUS, IT GLOWS MODERATELY AND NOT FRIVOLOUSLY ... IT COOLS DOWN, CLEARS UP, MAKES YOU REASONABLE ..”

—Valentin, poet

COMMUNITY CENTERS ABBREVIATIONS KEY:

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 Old Hampton
 Community Center OHCC
 North Phoebus
 Community Center NPCC
 Hampton
 Senior Center HSC
 Air Power Park. APP

**You can register for classes
 at any community center
 — or — call 727-8311!**



DANCE

Beginning Square Dancing

Mondays • Noon-2pm @ HSC

Join the Hobson's in the basic square dancing for some jubilant fun and good exercise to boot! For ages 55+. FREE. For more information call 727-1601.

Line Dance

Tuesdays & Thursdays • 10-11am @ HSC

This is for the folks who have prior experience. Learn some of the hottest line dances. Dress for exercise. Athletic shoes are required. For ages 55+. FREE. For more information call 727-1601.



COMMUNITY CENTERS ABBREVIATIONS KEY:

- West Hampton Community Center WHCC
- Northampton Community Center NHCC
- Old Hampton Community Center OHCC
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You can register for classes at any community center — or — call 727-8311!

ACTIVE OLDER ADULTS

[Continued from page 19]

SOCIAL

Pinochle

Tuesdays & Fridays • Noon-4pm @ HSC

What a great way to spend an afternoon. Double-Deck Pinochle - put your skills to the test. This is an on-going activity. For ages 55+. FREE. For more information call 727-1601.

Bingo!

Tuesdays • Noon-2pm @ HSC

If you like the sounds of “B-9” or “G-41”, you’re going to love our Tuesday afternoon Bingo! Players are asked to bring 3 inexpensive, new gifts (\$1 items are fine) for prizes. For ages 55+. FREE. For more information call 727-1601.

Basic Knitting/Crochet

Tuesdays • 9-11am @ HSC

Join the “Happy Hookers” in fellowship and learn a new stitch! The Happy Hookers are a group of talented knitters that are willing to teach people interested in learning and welcome newcomers. Bring your own materials. For ages 55+. FREE. For more information call 727-1601.

Bridge for Intermediate and Seasonal Players

Thursdays • 10am-2pm @ HSC

There’s no such thing as too much bridge so intermediate and seasoned players will want to mark your calendars for these weekly games. We will provide coffee, tea and a fun atmosphere. For ages 55+. FREE. For more information call 727-1601.

Poker

Thursdays • 1-4pm @ HSC

Beginners and experienced players will enjoy this weekly afternoon of poker. There’s no money involved, just chips with occasional prizes given for the player with the highest amount of chips. Come on out and try your luck! For ages 55+. FREE. For more information call 727-1601.

Cards Galore

Thursdays • Noon-4:30pm @ HSC

Get your game on! Players wanted for weekly games of Bid Whisk and Spades. Grab a hand and head on down. Don’t renege. While here you may also join other novice and pro players in ongoing card groups like pinochle, bridge, poker and O’ (double hockey sticks). For ages 55+. FREE. For more information call 727-1601.

Lunch Bunch Club

Fridays • 12:30-2pm @ Locations vary

Want to go to lunch, but no one’s available to join you? Then join the Lunch Bunch group where you’re never a stranger and an extra seat is always available. You’ll meet others who enjoy eating out and trying out new restaurants in the Hampton area once a month. Please call in advance to get your name on the list and to find out which restaurant we’ll be dining at for the month. For ages 55+. Cost of lunch is on your own. For more information call 727-1601.

B & B (Breakfast & Bingo)

First Friday of each month, 11/ 4-3/2 10-11am @ WHCC

B-I-N-G-O – BINGO! Start your day off with breakfast and a little fun. Breakfast & Bingo will wake you up and keep you on your toes. Great Prizes!!! It’s a potluck so please bring one of your scrumptious dishes. Coffee and Tea will be provided. For more information call 896-4696. For ages 55+.

FITNESS

Walk Away the Pounds

Mondays-Fridays • 9-10am @ HSC

Get fit fast in this complete total body walking program that gives you serious fat burning, muscle conditioning and stretching. This is a video-instructed program offered to the community at NO cost. We ask you to wear proper exercise attire and athletic shoes. For ages 55+. FREE. For more information call 727-1601.

Night Walkers

Mondays & Wednesdays • 5-6pm @ HSC

Get in motion with this enjoyable exercise program designed for all ages who are young at heart. It is an extension of the morning daily Walk- Away the Pounds program with a twist. Exercise to the self directed video and then when scheduled a health and wellness professional will be on site to provide information and consultation about health related topics. For ages 55+. FREE. For more information call 727-1601.

Power Angels 4 Mile Workout

Mon, Wed, Fri • 10-11am @ HSC

This is a 4-mile workout video. For ages 55+. FREE. For more information call 727-1601.

Bowling All Starzz

Mondays • 1-2pm @ HSC

Enjoy the smoke-free atmosphere at Spare Times – this is not a league. Bowl for the fun and exercise. For ages 55+. \$3.60 for HPR Seniors. For more information call 727-1601.

Seniorcise

Mon Tues & Thu • 11am-Noon @ HSC

Get off the couch and have FUN! Join us for a low impact chair exercise geared toward the active mature adult. Fun exercise, socialization, & increased range of motion! For ages 55+. FREE. For more information call 727-1601.

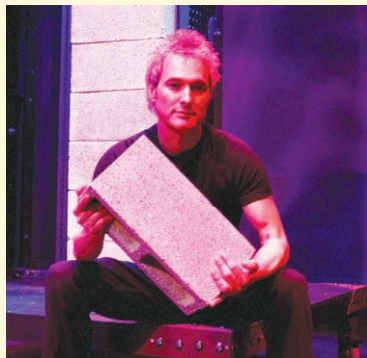
Move It, Groove It (Seniorcise)

Mon & Thu • 10-11am @ WHCC
Tue & Fri • 10-11am @ NHCC
Tue & Thu • 10-11am @ Newtown Learning Center

Keep your body and mind active and healthy with this fun class that gives you a good cardio workout, range of motion exercises, strength, and flexibility to great music combined with fellowship. For ages 55+. FREE with HPR ID. For more information call 896-4687 or 825-4805.

The American Theatre

NOTHING BUT THE BEST! *Family Fun*



SPENCERS: THEATRE OF ILLUSION

FRI OCTOBER 14, 8PM
SUN OCTOBER 16,
2:30PM & 7PM



Theatre IV in SNOW WHITE & THE SEVEN DWARFS

SAT OCTOBER 22, 11AM & 2PM



Theatre IV in THE FROG PRINCE

SAT NOVEMBER 12
11AM & 2PM



Holiday Show with SPECTRUM PUPPETS

SAT DECEMBER 17
11AM & 2PM



Mad River Theatre Works in FREEDOM BOUND

SAT FEBRUARY 18, 2PM



Theatre IV in HARRIET TUBMAN & THE UNDERGROUND RAILROAD

SAT MARCH 17, 11AM & 2PM



Theatre IV in THE HOUSE AT POOH CORNER

SAT APRIL 21
11AM & 2PM



That Puppet Guy in PLANET EARTH, INC.

SAT MAY 5
11AM & 2PM

Call for your Season Brochure

www.HamptonArts.net 757-722-2787 125 E. Mellen St., Hampton, VA

PARKS & FACILITIES

AIR POWER PARK 727-1055

413 W. Mercury Boulevard
www.hampton.gov/parks/airpower

Visit this outdoor park and see the air power that played a vital part in America's early space exploration and aircraft testing. Free admission and parking. Open year-round, seven days a week.

BLUEBIRD GAP FARM see page 9

BRIARFIELD PARK 850-5116

1560 Briarfield Road • Hampton, VA 23661

Softball players and fans come from surrounding areas to play at this regional athletic park. This 49-acre site plays host to many National Softball Association games and tournaments. The mild climate in Hampton allows this park to be used year round by sport and nature enthusiast. The park features four lighted softball fields, five lighted tennis courts, picnic shelters and a children's playground.

BUCKROE BEACH PARK 850-5134

100 1st Street South • Hampton, VA 23664

Buckroe Beach is a favorite of residents and visitors to Hampton. The 3/4 mile clean, uncrowded beach is perfect for a day of relaxation. The adjacent park provides picnic shelters with table & grills, a children's playground, a large stage pavilion for community events, festivals and ample open space. Kayak, paddle boats & umbrella rentals are available during the season and lifeguards are on duty 10am-6pm, Memorial Day to Labor Day. Interpretive programming available. No pets allowed in Park area from May 15 to Sept 15. For information on shelter rentals call 727-6347.

BUCKROE FISHING PIER see page 5

DARLING STADIUM 727-6347

4111 Victoria Blvd.
www.hampton.gov/parks/darling_stadium

The stadium is open for public jogging year-round 7am-3:30pm on Monday-Friday. All other paid events are scheduled in advance. This state of the art stadium is the host for football, soccer, track, and special events for the Hampton City School system.

EASON MEMORIAL PARK

The James M. Eason Memorial Park is a barrier free park located on Victoria Blvd. This park offers picnic shelters, a small children's playground and a relaxing walking trail.

GOSNOLD'S HOPE PARK 850-5116

This park is the destination point of many Hampton residents who come to enjoy the serenity of this 105 acre park. The park offers a variety of settings and amenities for families and individuals. Features include picnic shelters, campsites, a public boat ramp, BMX track, a fitness trail, athletic fields and a children's playground. The park is open year round from 7am to sunset.

HAMPTON AQUATIC CENTER 727-1123

300 Butler Farm Road
(located behind the Teen Center building)

Features a 25-meter indoor pool. For hours & classes, see pages 6-7.

HAMPTON HISTORY MUSEUM 727-1610

120 Old Hampton Lane • Hampton, VA 23669
www.hampton.gov/history_museum

Hours: Monday-Saturday, 10am-5pm • Sunday, 1-5pm

Adults: \$5, Seniors, Active Military, Active NASA, Children ages 4-12, \$4; Under 4, Free; Groups (10 or more), \$3 each. Group tours can be arranged.

HAMPTON PARKS & RECREATION DEPARTMENT OFFICES 727-6348

22 Lincoln Street • Hampton, VA 23669
Fax: 727-8313 • www.hampton.gov/parks

Athletics 727-8750
Athletics Hotline 727-6251
Mingee Drive Operations 825-4478
Parks Operations 850-5116
Picnic Equipment Rental 727-1603
Picnic Shelter Reservations 727-8311
Special Events Permits 728-3077
Therapeutic Recreation Programs ... 727-1977

HAMPTON SOCCER COMPLEX 825-4664

2421 Andrews Blvd.
www.hampton.gov/parks/soccer_fields

The park is open daily 7am-sunset, including holidays. Hampton Soccer Fields feature four soccer fields and a parking lot. This site is used to support the city's soccer program and is used by local recreational leagues. Please call ahead to inquire about availability.

HAMPTON TEEN CENTER 766-1510

300 Butler Farm Road

Visit www.hamptonteenncenter.com for hours of operation, events and more information.

THE HAMPTON TENNIS CENTER see page 4

THE HAMPTONS GOLF COURSE see page 3

MILL POINT PARK 727-8311

100 Eaton Street
www.hampton.gov/parks/waterfront_and_feature_parks
Hours: Open daily 7am-sunset

This 2-acre park features a 300 seat amphitheater and a picturesque view of the Hampton River. The park hosts a variety of special events such as musical entertainment and festivals, and the stage is ideal for weddings. For rental information call 727-6348.

NORTHAMPTON COMMUNITY CENTER 825-4805

1435-A Todds Lane
(adjacent to Jefferson Davis Middle School)
Fax: 825-4737 • Email: nhcc@hampton.gov
www.hampton.gov/parks/north_hampton_cc
Hours: Monday - Thursday, 7-9pm • Friday, 7am-7pm
Saturday, 9-4pm • Closed Sundays

This community center offers programs and classes for all age groups ranging from piano lessons to fitness programs. Special features include a games room, full service fitness center, function and meetings rooms (small-medium size groups) and a reception room ideal for larger group meetings, receptions, banquets, workshops and seminars. Four lighted tennis courts, two basketball courts, two baseball fields, football field, and ¼ mile track located on the property.

NORTH PHOEBUS COMMUNITY CENTER 727-1160

249 W. Chamberlin Avenue
Fax: 727-1162 • Email: npcc@hampton.gov
Hours: Monday-Thursday, 9am-6pm, Friday 9am-7pm
and Saturday 10am-4pm • Closed Sundays

This neighborhood facility has a weight room, gymnasium, kitchen, teen room, game room, two basketball courts and a playground.

OLD HAMPTON COMMUNITY CENTER 727-1123

201 Lincoln Street
Fax: 727-1134 • Email: ohcc@hampton.gov
www.hampton.gov/parks/old_hampton_cc
Hours: Monday-Thursday, 8:30am-8pm
Friday, 8:30am-7pm • Saturday, 8am-4pm
Closed Sundays

Features a 25-meter indoor swimming pool, gymnasium, activity rooms, game room, three tennis courts, two outdoor basketball courts, multi-purpose room, kitchen, locker room and playground. See page ___ for aquatics hours & classes.

SANDY BOTTOM NATURE PARK see page 8

SENIOR CENTER 727-1601

3501 Kecoughtan Rd
Fax: 727-1145 • Email: hsc@hampton.gov
www.hampton.gov/parks/senior_center
"The place for positive aging"
Hours: Monday-Friday, 8:30am-4:30pm
Closed Saturday & Sunday

Programs for ages 55 and older. Features a game lounge, multi-purpose room, fitness area, and kitchen.

WEST HAMPTON COMMUNITY CENTER 896-4687

1638 Briarfield Road
Fax: 757 896-4606 • Email: whcc@hampton.gov
www.hampton.gov/parks/west_hampton_cc
Hours: Monday-Thursday, 6am-10pm • Friday, 6am-8pm
Saturday, 8am-5pm • Closed Sundays

This center features a 6,650 square foot gym, featuring a basketball court, 2 volleyball courts, and a perimeter walking path. Activities include league play, open basketball and volleyball, camps, clinics, and a walking club. A 2,200 square foot fitness room w/ free weights, machine weights and cardiovascular equipment. A multipurpose room for fitness, wellness, and enrichment activities. A community room for birthday parties, receptions, community meetings and classes. A jewel of WHCC is Hampton's first indoor climbing wall, a 9x9-meter rock surface wall, perfect for experienced climbers as well as first timers.

THE WOODLANDS GOLF COURSE see page 3

WOODLAND SKATEBOARD PARK

9 Woodland Road • Hampton, VA 23663
Open year-round. Sunrise to sunset only.
www.hampton.gov/parks/under_sports_and_fitness.

2011 HAMPTON HOLLY DAYS PARADE

Candy Cane Lane

Saturday, December 10 ♦ 7pm
Downtown Hampton

GRAND MARSHAL: *The Candy Man—Willy Wonka*

Have a sweet time in downtown Hampton
at the Peninsula's largest
illuminated holiday parade.

You'll want to come early
and get a good spot
to enjoy one of Hampton's
greatest seasonal traditions.

"Candy Cane Lane"
goes from Eaton Street
& Settlers Landing Road
to Darling Stadium.

Televised live
on WVEC-TV13



FOR MORE INFORMATION: (757) 727-8311
www.hampton.gov/parks



PARK SHELTER FEES

Aberdeen Neighborhood Park 1424 Aberdeen Rd.

Two Shelters free on a first-come,
first-served basis

Bluebird Gap Farm

Shelters free on a first-come,
first-served basis

Briarfield Park

\$50 Whole Day: Azalea
\$40 Whole Day:
Boxwood, Dogwood & Magnolia

Buckroe Park

\$50 Whole Day:
Lighthouse & Sandcastle

Eason Park

4005 Victoria Blvd.
Small Shelter free on first come,
first-served basis

Gosnold's Hope Park

901 Little Back River Rd.
Cedar \$75 (+ \$5 electricity);
Elm \$50 (+ \$5 electricity)
& Redbud \$50
Black Gum & Locust \$50;
Cherry, Bayberry & Oak \$40

Mill Point Park

100 Eaton St.
\$250 Whole Day

Ridgway Park

85 E. Mercury Blvd.
Shelter free on first-come,
first-served basis

Sandy Bottom Nature Park

\$40 Half Day/\$80 Whole Day
Lakeside Pavillion
\$25 Half Day/\$50 Whole Day
Parker Pavillion
\$20 Half Day/\$40 Whole Day
Individual Shelters

Y.H. Thomas Neighborhood Park

1300 Thomas St.
Shelter free on first-come,
first-served basis



Get *Hampton* news
any way *you* choose!

eNews ■ *Get news directly to your email inbox!* This tool allows you to customize the information you would like to receive when you sign up. You can get email notifications on everything from events and educational offerings to emergency notifications and public meetings. Sign up today at www.hampton.gov.

Hampton City TV Channel ■ *Tune in to the City's local TV station (Cox 47 and Verizon 23) to see what's happening in your community!* View City Council and Planning Commission meetings (live and rebroadcast). Catch announcements and specials that highlight events and services.

Hampton.gov ■ *Get the information you need at the source!* Visit the City's website for detailed information on city services, to view recent news and events, and to conduct online business.

City Page ■ *Hampton news delivered to your doorstep!* This informational ad is published in the Hampton section of the *Daily Press* newspaper every other Friday. Pick up a copy or view on the City's website, www.hampton.gov.

Online Chats ■ *Have a question you want to ask the City?* Log on to the Mayor's live weekly online chat and ask away or just read the chatter. Chats are hosted each Tuesday from noon to 1pm at www.hamptoncommons.com.

Dial 3-1-1 ■ *The answer is just a phone call away!* Our call takers are here to help you with everything from reporting a missed trash collection or pothole to answering questions about the city budget or a community center's hours. If calling from outside Hampton or from a cell phone, dial 727-8311 to use this free resource.

Facebook & Twitter ■ *Join the 3,000+ people following the City of Hampton online!* Get frequent updates on events, hot topics, give-a-ways and more! Try your hand at guessing the location of Jimmy the traveling crab each week; you never know where he'll pop up next! [Facebook.com/HamptonVa](https://www.facebook.com/HamptonVa) & [Twitter.com/cityofhampton](https://twitter.com/cityofhampton)

the city of
Hampton
virginia

